

ABSTRACT OF THE DISCLOSURE

An optical recording disk includes at least a recording layer containing an organic compound containing a porphyrin system dye as a primary component and a light transmission layer which transmits a laser beam having a wavelength of 390 to 420 nm on a support substrate in this order, the porphyrin system dye having a minimal value n_{min} of a refractive index n within a wavelength region of 390 nm to 420 nm and a refractive index n equal to or lower than 1.2 with respect to the laser beam having the wavelength of 390 to 420 nm and absorbing the laser beam having the wavelength of 390 to 420 nm to be melted or decomposed, whereby the refractive index thereof changes and data are recorded in the optical recording disk.

According to the thus constituted optical recording disk, it is possible to record data therein using a bluish-violet laser beam having a wavelength of 390 to 420 nm and reproduce data therefrom using a bluish-violet laser beam having a wavelength of 390 to 420 nm.